

HAVE YOU HAD YOUR TODAY?

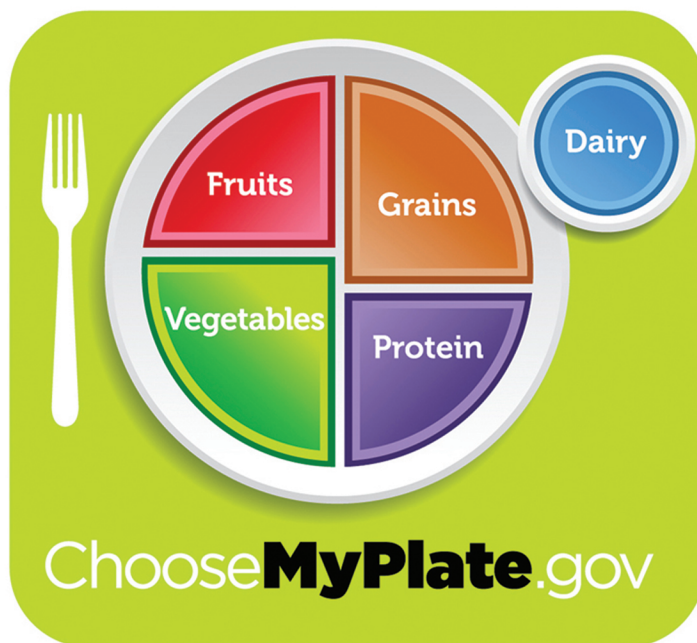
5 + 2 FRUITS 3 VEGGIES

By balancing the calories you eat in healthy foods with daily physical activity, you can maintain a healthy weight.



Choose a variety of healthy foods, including foods low in fat and sugar, watch portion size, and get at least 30–60 minutes of physical activity daily.

Yum!



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